

Sam Metcalf

Dec. 6, 1963 - March 4, 2008

Sam Metcalf, 44, Hill City, son of John Metcalf, Norton, died Tuesday, March 4 at the Graham County Hospital, Hill City.

Mr Metcalf was born Dec. 6, 1963, in Norton, the son of John William and Trudy A. (Hall) Metcalf.

On April 15, 2003, he married Peggy Kowalke in Hays.

He was a laborer. He was preceded in death by his mother.

Survivors include: his wife, Peggy Metcalf, Hill City; his father, John Metcalf, Norton; a son, Justin Metcalf, Hill City; a brother, Jeff Metcalf, McPherson;

a half-brother, Paul Metcalf, Hays; and a half-sister, Beth Metcalf, Hays.

Visitation will be until 8 p.m. today at Stinemetz Funeral Home, Hill City. On Saturday, visitation will be from 9 a.m. until 2 p.m.

Funeral services will be held at 2 p.m. Saturday with Pastor Stephen Fulks officiating.

Burial will be in Memorial Lawn Cemetery, Hill City.

A memorial fund has been established in his name. Contributions to the Sam Metcalf Memorial Fund may be sent in care of the funeral home, 522 North Pomeroy, Hill City, Kan. 67642.

Woman sworn in to service

By CAROLYN PLOTTS  
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Since her high school days, Michelle Bohl, Norton, has wanted to serve her country.

Now, one husband, three children and a nursing career later, she is fulfilling that dream.

Mrs. Bohl was sworn into the Army Nurse Corps of the National Guard as a first lieutenant on Monday evening. The oath was administered by her brother-in-law, Major Brent Bohl. Major Amy Massaglia, the Army Health Recruiter from Kansas City, was also present.

A registered nurse, Mrs. Bohl said it was a family decision. "We voted," she said. She said her husband, Scott Bohl, a Norton County deputy sheriff, was supportive.

"I had to lose a little weight because there are some weight requirements in the guard and my kids were my own personal drill sergeants. They really helped me," she said

As a member of the Army National Guard, the new officer will be obligated to serve one weekend a month, which she can fulfill at



Michelle Bohl, flanked by her husband, Scott and children, Katie, 11, Jared, 13 and Emily, 5, was sworn into the Army National Guard Monday evening by her brother-in-law, Major Brent Bohl. Mrs. Bohl is now a first lieutenant in the Army Nurse Corps.

— Telegram photo by Carolyn Plotts

a local hospital. She will also be required to complete two weeks of additional training every year. "I'll play soldier for two weeks," she said.

Her motivation to be part of the military is to support the soldiers. "It used to be cool to be patriotic — and now, it's not so much," she said.

Before making her final decision, Mrs. Bohl toured Brooke

Army Medical Center in San Antonio, Texas. There, she saw soldiers who had lost limbs and still wanted to go back to their units. While in San Antonio, she also took her Army physical.

Maj. Massaglia, Mrs. Bohl's recruiter, said, "I really admire Michelle. She's committed to a purpose greater than ourselves. She really feels a need to care for soldiers."

The swearing in ceremony was held in Mrs. Bohl's home church, Redeemer Evangelical Lutheran Church, Norton. Family present included her parents, Gary and Carol Erhlenbusch, her in-laws, Ivan and Pat Bohl and her children, Jared, 13, Katie, 11 and Emily 5.

"They signed on, too," Lt. Bohl said.

Ruth A. Webb

Sept. 19, 1908 - March 5, 2008

Ruth A. (Robb) Webb, 99, of Carlyle, formerly of Norton, died Wednesday, March 5, at St. Joseph Hospital in Breese, Ill.

She was born Sept. 19, 1908, in Topeka to Dr. Wilson and Mary (Wright) Robb. They preceded her in death.

She graduated from Washburn University in Topeka. She was a teacher in Troy, Bendena, Alemana and Norton.

She married William A Webb and he died June 19, 1989.

She was a member of First Christian Church, Belton, Mo.

She was preceded in death by a brother Arthur Robb.

She is survived by a son, William J. and Joyce Webb, New Baden, Ill.; a sister, Adella Schaefer; San

Francisco, Calif.; a sister in law, Alberta Robb, Pittsburg, Kan.; two grandsons; and five great-grandchildren.

Funeral services were held today at Moss Funeral Home in Trenton, Ill., with Pastor Jay C. Krumeich officiating.

Burial will be at 10 a.m. Saturday in Raymore Cemetery, Raymore, Mo.

Memorials can be made to Hope Church in Belleville or St. Joseph Hospital Lights for Scholarship Fund Breese in care of the funeral home, 535 5th St., Breese, Ill. 62230.

On-line condolences may be sent to: www.mossfuneralhome.com.

Norton airport receives grant

Norton is one of ten northwest Kansas communities to receive two airport improvement grants from the Kansas Department of Transportation's Kansas Airport Improvement Program (KAIP).

The first award of \$36,831 will be used to construct a refueling ramp. The second grand of \$3,600 will upgrade the airport's Automated Weather Observation System (AWOS) for use on the Internet.

Air service is important to the Kansas economy and emergency health care services. Since 1999,

Kansas DOT has contributed approximately \$27 million for 207 projects at public use airports.

Other northwest Kansas communities receiving grants are: Smith Center, AWOS upgrade; Osborne, construct taxiway, reconstruct ramp; Russell, self-service fueling system; Trego County/WaKeeney, runway repair; Hill City, self-service fueling system; Oberlin, AWOS; Colby, replace beacon; St. Francis, AWOS upgrade; and Phillipsburg, seal runway and AWOS upgrade.

DEATH NOTICE

Rosalie Wagoner

Rosalie Wagoner died Wednesday, March 5 at her rural Edmond home.

Funeral services are pending

with Stinemetz Funeral Home, Hill City which is in charge of arrangements.

Almena couple to celebrate 45th wedding anniversary

Wayne and Sharon Archer will celebrate their 45th wedding anniversary on Monday, March 17.

Wayne E. Archer and Sharon L. McKown were married on March 17, 1963 at the United Methodist Church in Norton. The couple made their home in rural Almena.

The Archers have three children: Shannon, Stephanie and Cameron. They also have four grandchildren.

Shannon and David Deines live

in Lee's Summit, Mo.; Stephanie and Joe Dickerson and daughter, Sydney, live in Littleton, Colo.; and Cameron and Lynette Archer and children Cole, Lane and Erin live in Norton.

To celebrate this anniversary, the children request a card shower for their parents.

Family and friends may congratulate the couple on their anniversary by sending a card to: Rural Route 1, Box 43, Almena, Kan. 67622.

Buddy system a plus in exercise

By TRANDA WATTS  
twatsw@oznet.ksu.edu

For adults, as little as 30 minutes of moderate physical activity five or more days a week can reduce hypertension, lower cholesterol, improve sleep, reduce anxiety and mild depression, trim pounds, boost energy and contribute to a happier outlook.

What sounds like a prescription for health is, however, often ignored.

The Centers for Disease Control and Prevention, which recommends physical activity for health, released new data in January 2007 showing that less than five percent of American adults regularly meet current recommendations.

Many people are enthusiastic about the health benefits of exercise with a buddy — or team — approach.

Knowing that a friend, neighbor or co-worker is counting on you to exercise with them can increase the health benefits for everyone involved. Those who are not in the habit of walking or exercising are encouraged to start counting

minutes — three 10-minute walking breaks a day, for example - to build up to miles.

One way to try a team approach is to consider Walk Kansas, an eight-week K-State Research and Extension health and fitness program in which teams of six are asked to do something that most team members could not do alone - walk 423 miles, the equivalent of walking across Kansas.

To participate this year in Walk Kansas, call or stop by the Extension Office. Registrations will be accepted through Friday. So, it is important to act today.

More information on Walk Kansas, physical activity and healthy living is available at your K-State Research and Extension Office.

MARKETS

At close of business Mar. 6

Wheat.....	\$11.36
Milo .....	\$5.00
Corn.....	\$5.28
Soybeans.....	\$11.36

Wichita pair plan April wedding

Rebecca Skrdlant and David Kirkwood, both of Wichita, plan to marry on April 26 at Grace Presbyterian Church in Wichita.

The bride graduated in 1999 from Norton Community High School and went on to graduate from Fort Hays State University in 2003, with a degree in finance. She is employed at Central Christian Church in Wichita.

Miss Skrdlant is the daughter of Darrell and Kathie Skrdlant, Norton.

Her grandparents are Vivian Skrdlant and the late Emil Skrdlant and the late Ernest and Abbie Sauer, all of Norton.

The groom is a 1992, graduate of Clyde High School, Clyde, Texas. He went on to graduate from LeTourneau University with a degree in Engineering and



Rebecca Skrdlant and David Kirkwood

Aviation. Mr. Kirkwood earned a master's degree in business administration from Wichita State University. He works for Hawker Beechcraft Company.

His parents are Bob and Lucy Kirkwood, Clyde. He is the grandson of Io and the late James Kirkwood, Garfield, and Dr. William and Wanda Travis, of Beth Page, Tenn.

The couple will make their home in Wichita.

**Norton Senior Center**  
208 W. Main  
Norton, KS  
874-4223

We will have a **Corned Beef and Cabbage Supper on Thurs., March 13 from 5-7 p.m.**  
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**Houses for Sale**

**NORTON - 905 CRESTVIEW**  
—3 Bedroom, 2 Bath Full Basement, Nice Fenced-in Back Yard — \$71,000.

**NORTON - 604 EAST MAIN**  
—6 Bedroom, Partly Remodeled, Home on 5 Acres, will Build Equity — \$89,000

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1 Acre Fenced Back Yard, 2 Car Garage, Move In Ready

**ALMENA - 5 Bedroom, 2 Bath, 2 1/2 Acres,**  
Great Place for Kids and Horses

**PRAIRIE VIEW - 3 Bedroom, 1 1/2 Bath, Corner Lot,**  
Full Basement, Single Car Attached Garage — \$49,000

**LAND - 200 ACRES - 5 Miles East of Logan on the**  
Solomon River, All Grass/Lots of Wildlife — \$160,000

**240 ACRES - West of Logan, Farmground,**  
CRP and Pasture — \$156,000

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**Be an informed consumer, know your mortgage facts!!**

**What you should know -**  
Do you have a fixed or adjustable interest rate loan?  
Is your monthly payment calculated to increase? When?  
Have you budgeted for potential increases in payments?

**What you should do -**  
If you're having trouble making payments, Don't Wait!  
Contact your lender or servicer (When you send your payments) to discuss options.  
Take action now to avoid possible foreclosure later.

**Consider credit counseling from a reputable Kansas licensed provider, call 1-800-388-2227 for a referral**

**For help with mortgage or other consumer credit questions call 1-877-387-8523 or click on www.nadokansas.org**

**Consumer and Mortgage Lending Division - Kansas Office of the State Bank Commissioner**

**KANSAS**

**Career Opportunities in Agribusiness!**

Agri Co-op, a \$180 million company in south central Nebraska, has several openings for talented team players, looking for new opportunities! Candidates need not be experienced in all phases of the job, but rather be willing to work hard and the desire to succeed and learn the business! We will help you plan and develop your career path. The following are regular, full time opportunities with full benefit package including 401 (k), Retirement, Group Health and Life, Uniforms, Paid Vacation and Sick Leave.

**Alma, NE Elevator Operator** - Start a career in the grain business, elevator and agronomy operations in a modern, fast-paced location. Learn the while you earn! Another great opportunity to start with opportunities for advancement within the company.

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www.agrico-op.com

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